



## CITY OF WILLIAMSBURG

*Department of Parks & Recreation*

February 4, 2019

Dear: Prospective Volleyball Coaches,

The Williamsburg Parks & Recreation Department's spring 2019 volleyball season will begin play the week of March 18<sup>th</sup> at the Quarterpath Recreation Center. The deadline for entering a team is 8:00 PM on Wednesday, February 28<sup>th</sup> for all leagues. The entry fee is **\$175**. **Entry fee must be submitted** by the deadline.

**There will be a mandatory coaches meeting on Thursday, March 7<sup>th</sup> at 6:00 p.m. at Quarterpath Recreation Center.**

There are no residency restrictions on any leagues. Teams are required to submit rosters with names, addresses, and phone numbers of all players.

Four (4) Co-Ed leagues (A, BB, B, and C), two (2) Men's Quads Leagues (A, BB) and three (3) Women's Leagues (A & BB & B) will be offered. If a league has 3 or fewer entries, The Williamsburg Parks and Recreation Department Reserves the right to cancel a league that falls below four teams during the season. Teams will play a total of +/- eight (8) matches; the top four (4) teams will participate in a single elimination tournament. Co-Ed Leagues will play on Mondays, Men's Leagues will play on Wednesdays and Women's Leagues will compete on Thursdays.

Teams can start practicing on Tuesday, March 5<sup>th</sup>. Call 757-259-3760 to reserve a one-hour time slot. Please visit us online at [www.williamsburgva.gov/rec](http://www.williamsburgva.gov/rec) to view and download the 2019 adult volleyball rules and fact sheet. Also, follow us out on social media, @WilliamsburgRec, to receive up to date information on programs.

Please feel free to contact me with any questions or concerns. I look forward to a competitive and fun spring league. I can be reached at 757-259-3772 or [cprewitt@williamsburgva.gov](mailto:cprewitt@williamsburgva.gov).

Sincerely,

**Chris Prewitt**

Recreation Supervisor



@WilliamsburgRec

WILLIAMSBURG PARKS & RECREATION  
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**#playWburg**

# WILLIAMSBURG PARKS AND RECREATION DEPARTMENT

## 2019 ADULT VOLLEYBALL RULES

### COMPOSITION OF TEAMS & SUBSTITUTIONS:

1. Co-Ed teams shall consist of six (6) legal players to start match play. (\*See Mercy Rule Exception) If, after the match begins, a team is reduced to less than six (6) for any reason, the match shall continue provided the team maintains at least two (2) females on the court. In the Co-Ed Leagues, teams must start with at least three (3) women and at no time may they have more than three (3) men. If both teams are short of six (6) players to begin the match and each team has at least four players & two females, or each team is exactly equal in number and gender makeup, the match shall be entirely played. Late players may enter at any dead ball to fill in a shorthanded team. In women's and men's league, teams may start match play with four (4) players and maintain that number for the entire match.
2. No more than six (6) players may be on the court at once. Teams are permitted to play with five (5) players, leaving the middle back open in the lineup regardless of rotation. In the Co-Ed divisions, any combination of men and women is possible so long as there are at least one (1) and not more than three (3) men on the court at one time. Regular Co-Ed allows four (4) women and two (2) men or five (5) women and one (1) man.
3. All players and substitutes must sign the team roster to be considered a legal player before they are eligible to participate.
4. All teams have the option of choosing either "position" substitutions OR substituting at the service for a particular game, but never both.
5. Any team substituting by position is limited to 15 subs per game. There is no limit on individual substitutions within the restraints of the 15 team substitute rule. Players re-entering the game must assume their original position in the serving order in relation to other teammates. In the event of an injury, when all regular substitutions have been used up, the team may make an abnormal substitution in accordance with USA Volleyball (USAV) rules.
6. Teams not using position substitutions may sub only at the service position when they rotate after a side-out, they may have unlimited subs.
7. LIBERO: Men's & Women's League teams may use a back row Libero. The Libero can: Replace any back row player; only to be replaced by the player that replaced them only during a dead ball. The Libero cannot: Play a front row position; complete an attack hit from anywhere if the ball is above the net; serve, block, or attempt to block; hand set in front of the attack line to a teammate who then makes an attack hit above the net. The Libero is not considered a sub and must wear a contrasting uniform that stays constant for the match.

### UNIFORMS & NUMBERS:

1. Jersey numbers are optional unless you are substituting by position.
2. Teams that employ position substitutions or a Libero must have numbers.

### POSITION OF PLAYERS:

1. At the time the ball is served, the players of each team must be within their respective team areas as follows:

-----NET-----

(4)-Left Forward	(3)-Center Forward	(2)-Right Forward
(5)-Left Back	(6)-Center Back	(1)-Right Back

In the front line, the center forward (3) may not be as near the right sideline as the right forward (2) nor as near the left sideline as the left forward (4). In the back line the center back (6) may not be as near the right sideline as the right back (1) or as near the left sideline as the left back (5). No back line player may be as near the net as the corresponding front line player. After service ball contact, players may move from their respective positions.

2. Men's and in Quads rules apply to teams that choose to compete with four (4) players. (Players can be in any position and attack from any position as long as service order is maintained in the correct sequence.)

### DURATION OF GAME & CHOICE OF TEAM AREA:

1. All regular season matches shall consist of three (3) games to 21. All games will use rally point, no cap scoring. In games one and two, the first team to reach 21 points with at least a two point lead is the winner. The third game will go to 21 points with teams switching sides at 13.
2. The designated visiting captain will call the coin toss with the winner having the option of choosing serve, receive, or side.
3. After games one and two, the teams will change sides with the serve remaining on the same side all three (3) games. (Games won/lost, rather than matches, will determine standings)
4. Tournament matches will be the best two (2) of three (3), with games one and two to 25 points and the deciding game to 15 points with teams switching sides when a team reaches eight (8).
5. In the event that team standings are tied at the end of the season: head to head results will determine higher seed. If a tie still exists, points allowed head to head during the season will determine higher seed. If a tie still exists, points allowed during the season will determine higher seed.

### RALLY SCORING & CHANGE OF SERVICE:

When the serving team commits a fault, a side-out shall be declared. The serve and a point shall be awarded to the opponents' who shall rotate one (1) position clockwise before serving. When the receiving team commits a fault, a point is awarded to the serving team.

### TIME OUTS:

The playing captain or coach may request a time out from the referee when the ball is dead. A team is allowed two time outs per game. The length of a time out is 30 seconds. Two consecutive time outs may be requested by either team without the resumption of play. Subsequent requests will be penalized with a side out.

## **LEAGUE:**

Four (4) teams will be needed to make any league. Teams will be placed in leagues based on skill level and results from previous seasons. The Williamsburg Parks and Recreation Department reserves the right to move a team to a higher or lower league once the season has started. Leagues will require a minimum of four teams to be official. The Williamsburg Parks and Recreation Department reserves the right to cancel any league that falls below four teams during the season.

## **COMMENCEMENT OF PLAY & THE SERVICE:**

1. The service area is extended to include the full width of the 9 meter area behind the end lines.
2. A service is the act of putting the ball into play by the player in the right back position. After the referee blows the whistle and signals for the serve, the server has **8 seconds** to hit the ball with ONE hand (open or closed) or any part of the arm to send it over the net into the opponent's area. The ball must be cleanly hit for the service after being clearly released or thrown from the hand(s) of the server. No re-serves will be allowed. At the instant the player hits the ball for the service or takes off for a jump serve, the player must not touch the court nor the playing area outside the lines marking the service area. If the player serves before the referee's whistle, the service is cancelled and a re-serve directed. A second offense will result in a side out.
3. A player continues to serve until a fault is committed by the serving team.
4. Serving Faults: **1.** The ball fails to cross the net. **2.** The ball passes under the net. **3.** The ball does not pass over the net completely between the sidelines or antenna and their imaginary vertical extensions. **4.** The ball touches a player of the serving team or any object before entering the opponent's playing area.
5. If a team has served out of order, the team loses the service and any points gained during that service. The players at fault must immediately resume their correct positions.
6. The team not serving first in the preceding game of match shall serve first in the next game of a match.
7. At the moment of service it is illegal for players of the serving team to wave their arms, raise their arms above their heads, extend them horizontally, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server.

## **CONTACTING THE BALL DURING PLAY:**

1. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
2. The ball may be contacted with any part of the body, including the feet. The ball can contact any number of parts of the body providing the contacts are simultaneous and that the ball is not held. The ball must be hit and rebound cleanly. Simultaneous contacts are considered to be a single contact of the three (3) allowed to each team.
3. Players may have successive contacts of the ball during blocking or a single attempt to make the first team hit of a ball coming from the opponent, even if the ball is blocked, so long as there is no prolonged contact. (Note that reference to finger action has been removed) Any other player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit fault.
4. A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
5. When the ball comes to rest momentarily in the hands, arms or torso of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or both hands from below the ball is considered a good play.
6. In all adult Co-Ed leagues, when the ball is played more than once by a team, at least one of the contacts must be made by a female player.

## **ATTACK-HIT:**

All actions directing the ball toward the opponent are considered to be attack-hits, with the exception of serves & blocks. If a player near the net completes an attack-hit in such a manner that the ball is blocked back into the attacking player, such contact is considered a first team contact, not a block. Any third team hit is considered an attack hit.

## **SIMULTANEOUS CONTACTS:**

If the ball visibly comes to rest during a "Joust" between two opposing players, play continues as if the contact was instantaneous. After simultaneous contacts by opponents, the team on whose side the ball falls shall have the right to play the ball 3 times. If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds. When 2 players of the same team contact the ball simultaneously, this is considered as one team contact and any player may make the next play on the ball unless the simultaneous contact was the third team hit.

## **BLOCKING:**

1. Blocking is the action that deflects or contacts the ball coming from the opponent by the player(s) close to the net reaching higher than the net. To be considered a blocker, the player must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor or makes a subsequent attempt to play the ball.
2. Blocking may be done legally only by the players who are in the front line at the time of service. Multiple contacts of the ball during a block are legal provided it is during one attempt to intercept the ball, and such multiple contacts shall be counted as a single contact, even though the ball may contact one or more players of the block.
3. Any player participating in a block may make the next contact, such contact counting as the first of three hits allowed. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block.
4. Blocking or attacking a served ball is prohibited. Blocking the ball across the net above the opponent's court shall be legal provided the block is inside the antennas & the block is: of an opponent's attack hit; after the opponents have completed their allowable three (3) hits; after the opponents have hit the ball so that it would in the official's judgment, clearly cross the net if not touched by a player provided no player of the attacking team is in a position to play the ball legally; or, if the ball is falling near the net and no member of the attacking team could reasonably play the ball.

### **PLAY AT THE NET:**

1. A ball hitting the net between the antennas, including a served ball that crosses the net, is playable. If the ball touches the net after a team's allowable three (3) contacts and does not cross the net the ball is not dead until the ball is contacted for the 4th time or has touched the playing surface.
2. To be in play, the ball must cross the net entirely between the antennas and their indefinite extensions.
3. Contact with any part of the net or antennae IS a fault.
4. If the ball is driven into the net with such force that causes the net or tape to contact a player, such contact is not a fault.
5. A player may touch a post, rope or any other object outside the antenna and net, provided it does not interfere with play.
6. Contacting the opponent's playing area with any part of the body including the feet, is not a fault unless it prevents, deters, interferes with or obviously distracts the opponent's legitimate efforts to play the ball. Play continues if there is incidental or inadvertent contact by opponents while on their respective sides of the net that are simultaneously legally playing a ball at or near the net. This rule does not apply to the Co-Ed A League or the Men's League.
7. A ball penetrating the vertical plane of the net over or outside the court (antennas), may be returned to the attacking team's side by an attacking player provided the ball has not fully passed beyond the plane of the net. A ball penetrating the vertical plane above the net may be played by either team.
8. You may not ATTACK the ball on the opposite side of the net. A spiker contacting the ball on his/her side or above the net may follow through across the net with his hands or arms.

### **BACK LINE ATTACKER:**

A back line player returning the ball to the opponent's side, while forward of the attack line, must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. The restriction does not apply if the back line player jumps from clearly behind the attack line, and after contacting the ball, lands on or in front of the line.

### **DOUBLE FAULTS:**

A double fault occurs when opposing players simultaneously commit faults. In such case, the referee will direct a play over. If it can be determined that one fault clearly preceded the other, the first fault shall be penalized.

### **BALL IN PLAY/OUT OF PLAY:**

1. The ball is in play when legally contacted for the service.
2. The ball is out of play when the referee's whistle ends a rally; however, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault occurred.
3. The ceiling & all its attachments above the playing area are all playable.

### **FORFEITS & GAME TIMES:**

1. Co-Ed teams must have 5, Women's League 4, Men's Quads Leagues 3 legal & eligible players present at the scheduled game time or a forfeit will be declared.
2. If the required legal players are not on the end line when the referee blows the whistle for teams to enter the court, the offending team is charged with a **two** minute double time out. If they are still short of players after this period, the first game is forfeited.
3. Fifteen minutes will then be given for each subsequent game before it is forfeited.

### **MERCY RULE**

1. Teams may waive the forfeit if their opponents are short by no more than one player. The full team must have unanimous consent to allow their opponents to play shorthanded and must notify the referee of that intention before the end of the 2 minute time out.
2. Only the "legal" team may initiate the Mercy Rule, never the short team or the official.

### **UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED!**

1. Only the coach or playing captain should address the referees during play. Depending on the severity of misconduct, the following sanctions will be given: minor misconduct such as over demonstrativeness - no penalty verbal or hand warning will be given); unsportsmanlike conduct such as taunting, rudeness, or profanity - Point/Side out and a yellow card; major misconduct such as threats or intimidation - ejection and a red card.
2. Any player ejected from a game is automatically suspended from the remainder of that match plus the next 2 scheduled games and possibility the league for remainder of the season and tournament depending on the severity of the misconduct.
3. Any player or coach that engages in a fight will be suspended from all Parks and Recreation activities for a minimum of one year.

# WILLIAMSBURG PARKS & RECREATION DEPARTMENT

## ADULT VOLLEYBALL TEAM ROSTER – SPRING 2019

Team Name: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone Numbers (H) \_\_\_\_\_

Address: \_\_\_\_\_ (W) \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ (C) \_\_\_\_\_

EMAIL: \_\_\_\_\_ League Entered: \_\_\_\_\_

I agree to play with the named team for the 2019 season according to the rules and regulations governing the league. The coaches and players are expected to act in a responsible and respectful manner. There will be no alcohol, cursing, fighting, drugs and physical nor verbal abuse of the players, referees, scorekeepers, fans or coaches allowed. This conduct is to be adhered to before, during, and after all practices, games and tournaments. If these rules are violated, the City of Williamsburg Parks & Recreation Department will investigate each case to the fullest.

**WAIVER FOR PARTICIPANT:** I hereby waive and release any and all rights and claims for damages I may have against the City of Williamsburg, Parks and Recreation Department and its representatives, successors and assigns for any and all injuries suffered by myself while practicing and playing in the league games and tournaments (including pre- and post-season). I have read all league rules and agree to abide by them at all times during the season. I also agree to support the officials and the Williamsburg Parks & Recreation Department staff when removing anyone from the premises due to an above stated violation.

	PLAYER'S NAME	ADDRESS	SIGNATURE	PHONE	LOCALITY
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					



**Williamsburg Parks & Recreation Department**  
**Adult Volleyball Contact Information**  
**Spring 2019**

Please submit this form with your registration fee

**Team Name** \_\_\_\_\_

**Manager's Information:**

Name:		
Address:		
Phone:	<i>Primary:</i>	<i>Secondary:</i>
Email:		

**Alternate Contact Person:**

Name:		
Address:		
Phone:	<i>Primary:</i>	<i>Secondary:</i>
Email:		

League	Primary Night
<input type="checkbox"/> Co-Ed A	Monday
<input type="checkbox"/> Co-Ed BB	Monday
<input type="checkbox"/> Co-Ed B	Monday
<input type="checkbox"/> Co-Ed C	Monday
<input type="checkbox"/> Men's Quads A	Wednesday
<input type="checkbox"/> Men's Quads BB	Wednesday
<input type="checkbox"/> Women's A	Thursday
<input type="checkbox"/> Women's BB	Thursday
<input type="checkbox"/> Women's B	Thursday